



4 - Inspection



8- Softball

Brief Notes
Road Tax

Road Tax 2005 is April 18-20 at the Showboat Theatre. There will be two opportunities to pay: 9:30 - 11:30 a.m. and 1 - 3:30 p.m. The following documents will be required: Vehicle registration, JCI, 2004 road tax receipt (two colors: yellow-automobile tax stamp and white-light vehicle tax stamp) and liability insurance. Only payments in yen will be accepted. **'Y' plate vehicle owners are reminded that during the above dates and times, road tax can only be paid on base.** All tax office representatives will be on base and will be unavailable at the city tax office to process 'Y' plate taxes. **See the complete table below.**

2005 Road Tax Table

License plate numbers beginning:
Truck 11Y
Your road tax is:
 32,000 Yen
Ordinary type vehicle
 33Y, 300Y, 330Y, 329Y and 300E up to 4,500 cc
Your road tax is:
 19,000 Yen
Above 4,500 cc
Your road tax is:
 22,000 Yen
500Y, 55Y, 530Y, 529Y, 400Y, 44Y and 500E
Your road tax is:
 7,500 Yen
Light motor vehicle
 580A, 480A, 40A and 50A
Your road tax is:
 3,000 Yen
Motorcycle A and 1A
Your road tax is:
 1,000 Yen
Autocycle A, B and C
Your road tax is:
 500 Yen

USO Notes

Movie night will be held at the Fleet Landing every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. Call 252-3866 for more information.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

Have a submission for the Soundings? Deadline for submissions is Tuesday at 2 p.m.

DUI Counter:
 2 days as of April 7

Amphibious Ready Group returns to Sasebo



Clockwise from top left: Family members and friends of Sailors and Marines attached to amphibious assault ship USS Essex (LHD 2) wait for their loved ones to disembark during the Amphibious Ready Group's (ARG) homecoming celebration Wednesday. Families arrived early in the morning to await their loved ones after the group's long deployment. Sailors scan the crowd from the rails of Essex prior to disembarking. An Aviation Boatswain's Mate 3rd Class kisses his wife during the homecoming celebration of amphibious assault ship USS Essex (LHD 2). A Lt. is interviewed by Japanese reporters as he holds his daughter

JO2 James Kimber
Amphibious Group One Public Affairs

The Forward Deployed Essex Amphibious Ready Group (ARG) returned to Sasebo, Wednesday, April 6, completing a successful eight-month deployment that included operations in the North Arabian Gulf and Operation Unified Assistance following the Dec. 26 tsunami in Southeast Asia. The Sasebo-based amphibious assault ship, USS Essex (LHD 2), returned with USS Juneau (LPD 10) and USS Harpers Ferry (LSD 49) after disembarking 31st Marine Expeditionary Unit (MEU) personnel and equipment at White Beach, Okinawa.

"The successful deployment of the Forward Deployed Amphibious Ready Group speaks volumes of our continuous commitment to operational readiness and of the quality of Sailors and Marines we have in the Seventh Fleet," said Rear

Admiral Victor G. Guillory, Commander, Amphibious Group ONE/Task Force 76 (CTF 76). "These men and women—this Amphibious Ready Group Team—are all true heroes. We are tremendously proud of each and everyone of them for a job

Interception Operations (MIO) by providing security to the Al Basrah and the Khawr Al Amaya Oil Terminals in support of Operation Iraqi Freedom and the Global War on Terrorism. Essex also successfully embarked the Expeditionary Strike Group Three (ESG 3) staff from USS Belleau Wood (LHA 3) Sept. 10, 2004 during an at sea crossdeck, officially activating the Essex Expeditionary Strike Group (ESX ESG).

While conducting operations in the North Arabian Gulf, Essex and Helicopter Mine-Countermeasure Squadron One Five (HM 15) personnel from Bahrain were called upon to assist Combined Support Force 536 (CSF 536) in support of Operation Unified Assistance following the Dec. 26 tsunami in Southeast Asia. In eight days, the amphibious assault ship moved more than one million pounds of relief supplies and humanitarian aid to

Please see ARG, Pg. 3

A Thank you to the Sasebo Community

I would like to express my deepest gratitude to the entire Sasebo community for the amazing way you responded to the return of the ships of our Amphibious Readiness Group. A Sailor's life is difficult, and an eight month absence from one's family and home port is extremely demanding. Someone who has never experienced such a homecoming can't fully comprehend the exhilaration a Sailor feels when he or she returns home to bands, banners, balloons, and a genuinely welcoming community. Thanks to all the volunteers who made April 6th a special day.

Your generous outpouring of food, participation, and warm welcoming smiles and greetings helped make each and every Sailor on board these vessels feel truly welcomed and truly at home. You responded in the finest traditions of a Navy community.

Capt. M. L. James
Commander, Fleet Activities Sasebo

well done!"

The surge deployment, or a deployment with minimal notice, sent the Navy's only forward deployed amphibious force to the North Arabian Gulf to conduct Maritime Security Operations (MSO) and Maritime

Payday lending - A costly way to make ends meet

FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

Do you ever need more cash than you make in a month? Sure you do...we all do. The difference, however, lies in how we acquire that extra cash to make ends meet or pay for the things we need.

Financially savvy Sailors obtain low-interest loans and strive to have their interest rates lowered. Those of you who are a little more impetuous sometimes turn to payday-lending services to get you from payday to payday. While legal, these quick loans can do more harm than good. In my opinion, these businesses take full advantage of your financial situation and prey on our most vulnerable Sailors.

Since January 2004, it's estimated that 90 percent of the Sailors who turn to payday lending services are second class and below. That speaks volumes. I'm guessing we, as a Navy, need to do more to help educate our junior Sailors about financial management, and the options they have. Those of us who have learned

lessons the hard way need to share that information with our junior Sailors and help them avoid some of the mistakes we made when we were junior and struggling to make ends meet. What's more, we need to cultivate an environment in our commands where our Sailors feel comfortable asking for assistance...long before they are desperate.

According to information provided by the Navy and Marine Corps Relief Society (NMCRS), on average, Sailors who request NMCRS assistance have three ongoing payday loans. Almost half of those needing assistance have two or more dependents. It's no surprise that making ends meet when you have a family is often more difficult than if you're single.

So what's a payday loan? Payday loans are, as they suggest, loans tied to your paycheck. Companies offer cash up front for a promise to repay the loan (and a fee - typically \$15 for every \$100 borrowed) the following payday. On the surface, that might not sound too bad. But, consider this: If you can't afford to pay your bills this payday, and next payday you have to repay that loan and still pay your other bills, what makes you think you'll be better off? Sadly, the trend is to roll over these loans payday to payday, and the \$15 fee doubles and triples quickly. As a matter of fact, paying \$15 for \$100 over a two-week period constitutes a 391% annual percentage rate! Ouch. If you

borrow \$100, and then roll the loan over three times, you would pay a \$60 fee for that original \$100. Shipmates, you can do better than that, much better!

Payday loan businesses seem to be popping up everywhere. The most

common names for these businesses are: payday loans; cash advance loans; check advance loans; post-dated check loans; and deferred deposit check loans. No matter what you call them, they all charge exorbitant fees and turning to these types of businesses for cash is not in your best interest. Here are a few

alternatives you should consider before you ever contemplate using a payday lending business:

- Ask for a small, personal loan from your bank or credit union.
- Ask for an overdraft protection line-of-credit for your checking account.
- Ask creditors for time to pay your bills.
- Ask NMCRS for help.
- Ask your Fleet and Family Support Center (FFSC) for help.

Shipmates, asking for help should not be a source of embarrassment. On the contrary, those of you who recognize you need help and ask for it are brilliant. The Navy expends a large amount of time and talent on training command financial specialists...but this time and talent mean nothing to you if you are too proud or

stubborn to raise your hand and ask for some help. Solutions to financial problems and challenges are not one-size-fits-all. The smart plans are tailored to fit your individual needs.

Of course, it's probably worth saying that the best financial plan is the one that keeps you from needing the occasional quick loan to make it payday to payday. No matter your paygrade, or how much you make, if you spend more than you make you are going down a dangerous road. Developing a budget is the first step in any financial plan. I'm often amazed how few Sailors actually have a plan for their money. The "spend until it's gone" mentality is, unfortunately, the norm rather than the rule.

Here are a couple tips to consider before you make a purchase: Decide if the item you are about to buy is a need or a want. I'll bet if you take a day or two to think about the purchase, some of your apparent needs will slide to wants. Also, compare prices. Few things are unique in our world. Competition is good because it means you have choices. Do your homework - don't just buy the first thing you see. Finally, take some time to analyze what your repayment plan will be if you are purchasing something using a loan or on credit. If you don't ask these tough questions before you make the purchase, you'll be forced to live with the financial ramifications when the bill comes due.

Although we all wish we made more money, the fact is we are all limited to what we make depending on our paygrade and time in the Navy. Learning to live within our means is a mark of financial maturity, and the earlier you learn how to do that, the brighter your financial future will be. Good luck Shipmates, you work hard for your money - do your best to protect it!



Atlantic Fleet Master Chief

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

CHARLES T. HOWARD
CFAS PUBLIC AFFAIRS OFFICER
252-3029
charles.t.howard@sasebo.navy.mil

JO1(SW) RON INMAN
EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@sasebo.navy.mil

JOSN JEFF JOHNSTONE
STAFF WRITER/EDITORIAL ASSISTANT
252-3409

LARA DEGUZMAN
STAFF WRITER

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO2 JAMES KIMBER
252-2810

FLEET IMAGING
PH1 (SW) PAUL PHELPS
PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.
252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to soundings@sasebo.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Changes to Thrift Savings Plan help Sailors build wealth faster

Fleet and Family Support Program Marketing, Commander, Navy Installations, Millington

Starting July 1, Sailors can enroll in the Thrift Savings Plan (TSP) or make changes to their contribution elections without having to wait for an open enrollment season.

Public Law 108-469, signed into law Dec. 21, 2004, eliminates TSP's open seasons and the restrictions on contribution elections, which are currently tied to open seasons.

"With the elimination of 'open seasons,' the TSP is more flexible for Sailors," said Tony Burtley, Military Career Readiness PFM specialist, Commander, Navy Installations, Millington Det. "They don't have to wait to sign-up, and they can start

saving right away."

Beginning April 15, TSP participants may file contribution elections at any time.

Through June 30, these elections will be processed under the current rules. Starting July 1, contribution elections will be processed under the new rules, which means that contribution elections will be processed the first full pay period after they are filed.

"The TSP is a great way to build wealth and start securing your financial future, and given the advantages of compound interest, this is the perfect time to start planning for retirement," said Burtley.

In 2005, TSP offers participants the freedom to contribute up to ten percent of their base pay and all special pay and bonuses, up to a maximum of \$14,000.



Combat-zone participants are allowed a higher contribution dollar limit, up to \$40,000 a year. All contributions are tax-deferred until withdrawal, and TSP is available with several flexible withdrawal options. Initial enrollment can be completed online at <https://mypay.dfas.mil/mypay.aspx> or by completing a TSP Election Form (TSP-U-1) submitted to the local Personnel Support Detachment.

For more information on TSP, contact a Fleet and Family Support Program personal financial management specialist, command financial specialist, or visit the TSP Web site at www.tsp.gov.

There are 52 Fleet and Family Support Program delivery sites worldwide. For more information on Fleet and Family Support Programs, visit www.ffsp.navy.mil or call their 24-hour information and referral hotline at 800-FSC-LINE.

Additional information is available from Navy One Source at www.navyonesource.com

Maintaining the boats...



An Engineman Second Class removes an alternator from a harbor security boat outboard engine aboard Fleet Activities Sasebo (CFAS). (Official U.S. Navy Photo by Photographer's Mate Third Class Yesenia Rosas)

CNFJ to host NADAP summit

Released by CFAS Public Affairs

In today's Navy, substance abuse is a thing of the past. The Navy has taken an aggressive, proactive approach to aid commands in responding to the challenges posed by alcohol abuse and drug use.

One such initiative is taking substance abuse prevention programs to the Fleet in the form of Navy Alcohol and Drug Abuse Prevention (NADAP) Summits.

NADAP Summits are aimed at reducing alcohol abuse and drug use and improving operational performance, providing insight into policy development, policy implementation and fostering an exchange of ideas and the sharing of successes experienced throughout the Fleet.

In Fiscal year '04, Summits were held in Norfolk, Jacksonville, Pearl Harbor, Guam, New Orleans, Yokosuka, Kitsap/Whidbey Island, Sigonella (Italy), Groton and San Diego.

Fiscal year '05 is no exception. Commander, Pacific Fleet, Commander, Naval Forces Japan and PERS 671 will conduct the third Annual Alcohol and Drug Abuse Prevention Summit on April 19-21, 2005 at Fleet Activities Yokosuka's (CFAY) Officer's Club and a follow up Summit on April 26-27 at Fleet Activities Sasebo's (CFAS) Harbor View Club.

This year's Summits will provide CO, XO, CMC, COB, UPC, and DAPA attendees with information on initiatives to reduce drug use, current strategies to reduce DUI/DWI and underage drinking, NCIS reports of techniques Sailors are using to game urinalysis, and the critical elements of an effective urinalysis program.

The first day of the summit will bring together CO, XO, CMC and COB from 7:30 to 11:30 a.m.

The following days bring together DAPAs, UPCs, senior personnel, legal personnel and supervisors for a one-day summit each day from 7:30 a.m. to 4:30 p.m.

On April 22, NADAP will conduct hands-on training on the Navy's Alcohol and Drug Management Information Tracking System (ADMITS) from 8 – 10 a.m. at the CFAY Officer's Club and from 2 p.m.–4 p.m. onboard Naval Air Facility (NAF) Atsugi in the AIMD Conference Room, Class Room #5 on April 22, 2005.

Active use of NADAP initiatives is an investment in our most precious resource - people. Those commands that had representatives attend the NADAP Summits in fiscal year-'03 and fiscal year '04 and subsequently implemented Summit initiatives into their command's ongoing prevention program have seen a marked reduction in substance abuse related incidents.

The Point of contact for the Yokosuka area is: SDC Steven Owen, DSN: 243-5663, COMM: 011-81-6160-43-5663 or e-mail <owen.steven@cnrfe.navy.mil>.

The point of contact for the Atsugi area is Yeoman Chief James Glover, DSN 264-4321, COMM: 011-81-6160-64-4321, or email <james.glover@cvw5.navy.mil>.

ARG, from Pg. 1

tsunami survivors on the island of Sumatra, Indonesia using helicopter and Landing Craft Air Cushion (LCAC) support in addition to manual labor. During the disaster relief operation, Essex delivered nearly six million pounds of humanitarian aid and relief supplies to the tsunami victims.

"During this unscheduled deployment we spent 188 days conducting combat, security and stability operations on the 'tip of the spear' in the Central Command theater — only one naval strike group has spent more time deployed to Central Command since the commencement of Operation Iraqi Freedom," said Capt. Mark Donahue, commander, Amphibious Squadron 11 (PHIBRON 11).

"From maritime security operations in the North Arabian Gulf to combat operations in Fallujah to humanitarian relief operations off the coast of Sumatra, the Sailors and Marines of the Forward Deployed Amphibious Ready Group have succeeded at every mission and have great reason to be very proud of their accomplishments," said Donahue. "It has been a great deployment but we are sure happy to be returning to our family and friends in Sasebo," he added.

Following Operation Unified Assistance, Essex returned to the North Arabian Gulf and rejoined Juneau and Harpers Ferry to backload the 31st MEU and their equipment for the return transit to the Seventh Fleet area of operations.

Navy meets urgent USCENTCOM robotics requirements

Program Executive Office, Littoral and Mine Warfare Public Affairs

The U.S. Navy, together with its partners in the Joint Service Explosive Ordnance Disposal (EOD) community and industry, is currently providing technology to meet the threat posed by improvised explosive devices (IEDs).

During 2005, the Navy's EOD Program Management Office (PMS) will fulfill present requirements from the U.S. Central Command's (USCENTCOM) operating forces for small robotic systems to help coalition forces defeat IEDs and related threats in Afghanistan and Iraq.

"The rapid acquisition of small EOD robots comes in response to warfighter requirements for technologies that protect personnel and overcome the threat posed by unexploded ordnance, mines and IEDs," said EOD Program Manager Cmdr. Scott Stuart. "The EOD program office is working in close partnership with joint forces and combatant commanders, and with industry, to deliver state-of-the art capability, based on commercial off-the-shelf technologies that meet the demands of real-world operations."

The immediate requirement — to deliver 178 small EOD robots for use in Iraq and Afghanistan — comes in

response to increased demand for robots to support EOD teams, as well as to replace systems destroyed in action. To satisfy urgent needs during 2004, five commercial configurations of small EOD robots were fielded to USCENTCOM by a team consisting of the U.S. Army's Robotics Systems Joint Project Office, the Space and Naval Warfare Command, the Technical Support Working Group, the Naval EOD Technology Division, PMS EOD and the Office of the Secretary of Defense Joint Robotics Program.

Two robotic systems were selected for the follow-on urgently needed for increased quantities and replacement of destroyed assets. The Naval EOD Technology Division, Naval Surface Warfare Center Indian Head contracting office, Naval Sea Systems Command contracts office and PMS EOD worked together to quickly award contracts to two firms: Foster Miller and iRobot. Foster Miller has a \$5.2 million contract to produce its Talon IIIB robots, and iRobot has an \$18.4 million contract to produce its PackBots EOD.

In Iraq and Afghanistan, U.S. and coalition forces have

*Please see **Robotics**, Pg. 6*

Safety Corner: The dangers of speeding, reckless driving

Charles Carr
CFAS Safety Department

Is it worth taking large risks for the small benefit of reaching your destination sooner? Rush hour doesn't have to be.

Slow down and live. When it comes to speeding and your own personal safety, the laws of physics are far more important than the laws of government. The fundamental principle to keep in mind is this: it's not how fast you go that kills you, it's how fast you're going when you hit

something.

The faster you go:

The farther you travel after detecting the need to stop or slow. By then it may be too late to avoid a collision.

The longer your stopping distance. If a car stops suddenly in front of you; if a pedestrian should step in front of you; if a deer should dart out of the woods on the interstate; the faster you're going, the less chance you have of stopping in time.

The less time you give yourself to react to any road hazard just out of sight around the next bend.

The more severe your injuries in a collision. A frontal impact at 35 mph, for example, is 33 percent more violent than a collision at 30 mph, even though you've only increased your speed by 16.6 percent. The energy released in a collision at 60 mph is 200 percent greater than at 40 mph, even though you've increased your speed by only 50 percent.

The harder it is to take evasive action,

the more likely the car will turn over if you do. **The more likely you'll die in any collision.** Speeding is involved in one-third of all fatal crashes. With today's faster vehicles and higher speed limits, it's more important than ever to take this advice to heart: always be speed-conscious when you get behind the wheel.

SECNAV nominated as next Deputy Secretary of Defense

Secretary of the Navy Public Affairs

President George W. Bush nominated Secretary of the Navy Gordon England, 67, as the next Deputy Secretary of Defense (DEPSECDEF) March 31, pending confirmation by the Senate.

England would replace Secretary Paul Wolfowitz, who was confirmed March 31 by the board of the World Bank to take over that post June 1.

"I am honored and humbled to have been selected by the President as his nominee for the post of Deputy Secretary of Defense," England said. "It has been a profound honor to serve our brave Sailors and Marines and their families. If confirmed by the Senate, I look forward to continuing to serve America and the men and women who wear the cloth of our nation, as we work to defend Freedom and Liberty."

"I also appreciate Secretary Rumsfeld's support and wish my friend and colleague Paul Wolfowitz the best of luck as he takes on the important work of the World Bank, said England.

"Our Navy has greatly benefited from Gordon England's leadership," said Chief of Naval Operations (CNO) Adm. Vern Clark. "In the halls of the Pentagon, he has taught us how to become more effective and efficient."

"On the deckplates, he reinforced the importance of service through his own personal example of integrity and passion for people. If confirmed, our nation will greatly benefit from his continued service as DEPSECDEF," said Clark.

"Secretary England has been a strong and goal-oriented leader during two separate tours of duty as Secretary of the Navy and Marine Corps. His vision, knowledge and guidance have resulted in the most

capable Navy and Marine Corps' team in history," added Marine Gen. Mike Hagee, Commandant of the Marine Corps. "Secretary England's contributions have been tangible and significant, and the legacy of his service will endure long after his departure. While his

distinguished and noteworthy leadership will be sorely missed, we are pleased to know he has been nominated for Deputy Secretary of Defense, where he will continue to positively influence the transformation of the military."

This nomination marks the fourth time that President Bush has called on England to serve his administration.

Previously, England was confirmed as the 73rd Secretary of the Navy Sept. 26, 2003, and was sworn in Oct. 1. He became only the second person in history to serve twice as the leader of the Navy-Marine Corps Team, and the first to serve in

back-to-back terms.

Prior to his return to the Navy Department, he was the first Deputy Secretary of the Department of Homeland Security. The Department of Homeland Security was established Jan. 24, 2003, to integrate 22 different agencies with a common mission to protect the American people.

England served as the 72nd Secretary of the Navy from May 24, 2001, until he joined Homeland Security in January 2003. As Secretary of the Navy, England leads

America's Navy and Marine Corps and is responsible for an annual budget in excess of \$125 billion and more than 800,000 personnel.

Prior to joining the administration of President George W. Bush, England served as executive vice president of General Dynamics Corporation from 1997 until 2001. In that position, he was responsible for two major sectors of the corporation: Information Systems and International. Previously, he served as executive vice president of the Combat Systems Group, president of General Dynamics Fort Worth aircraft company (later Lockheed), president of General Dynamics Land Systems Company, and as the principal of a mergers and acquisition consulting company.

A native of Baltimore, England graduated from the University of Maryland in 1961 with a bachelor's degree in electrical engineering. In 1975, he earned a master's degree in business administration from the M.J. Neeley School of Business at Texas Christian University and is a member of various honorary societies: Beta Gamma Sigma (business), Omicron Delta Kappa (leadership) and Eta Kappa Nu (engineering).

England has been actively involved in a variety of civic, charitable and government organizations, including serving as a city councilman; vice chair, Board of Goodwill, International; the USO's Board of Governors; the Defense Science Board; the Board of Visitors at Texas Christian University; and many others.

He has been recognized for numerous professional and service contributions from multiple organizations, such as Distinguished Alumnus Award from the University of Maryland; the Department of Defense Distinguished Public Service Award; the Silver Beaver Award from the Boy Scouts of America; the Silver Knight of Management Award from the National Management Association; the Henry M. Jackson Award and the IEEE Centennial Award.

For more information on Secretary England and his leadership principles visit <www.chinfo.navy.mil/navpalib/people/secnav/eng-principles.html>.

E.J. King's JROTC cadets stand annual AMI inspection at Nimitz Park

Lara Deguzman
CFAS Public Affairs

E.J. King's NJROTC unit held their annual Area Manager's Inspection (AMI) at Nimitz Park Tuesday, April 5 with Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO) Cmdr. Bernard Wang performing the inspections.

Cadets prepared and worked hard for weeks to make the event possible with practice on drill exhibitions, marching and military knowledge. Cadet Lt. j.g. and senior Draonne Johnson was responsible for this organized event and says he saw positive changes in this year's inspection.

"Because it is our third year into the program (NJROTC), I believe we had more experience and we knew what was expected of us," said Draonne.

Cadets were tested on their knowledge of the military, the order of the sentries and knowledge of their uniform.

One of Wang's most frequently asked questions he asked the cadets was 'what their plans were for the future.'

After receiving a presentation from a Coast Guard recruiter from Guam days before the inspection, many cadets showed interest in joining the Coast Guard.

Others planned to go to college with Navy or Air Force scholarships.

According to Wang, the cadets reminded him of his college years at the

University of Washington as a former ROTC cadet.

"It is good to see a well structured, young group of cadets," said Wang.



The Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO) inspects a young cadet during the annual Area Manager's Inspection (AMI) at Nimitz Park. (Photo by Lara Deguzman)

"From talking to the cadets, the program gives them a sense of discipline, a sense of self and leadership skills."

After the inspection, the exhibition drill team had the opportunity to show off their sharp, creative movements especially prepared for the event.

Seniors C/Lt. j.g. Ralph Roe and C/Ens. David Years have been handling rifles since their first year in the program and had the honor to get the NJROTC unit and parents going by putting a twist of their own personality into the exhibition drill.

For many cadets, this was their first experience of a formal military event, and for others, it was another stepping-stone to maintaining goals and focusing into the future.

Cadet Seaman Apprentice John Encomienda realized this when he decided to join the program in the middle of the year.

"To have that first hand experience of a coordinated and organized inspection makes it feel all so real. Knowing that this is the NJROTC unit at its best and that I've become apart of it is a great feeling," said Encomienda.

The Travel & Tours Office has made arrangements for a Nagasaki City day tour on Monday, April 11. Price is \$20 for adults, \$14 for children six to 17 and \$8 for youngsters five and under. Fees include transportation, escort and all entrance fees. The bus will depart the Harbor View Club at 7:45 a.m. and the Hario Community Center at 8:30 a.m., returning to the Hario Community Center at 7 p.m. and the Harbor View Club at 7:30 p.m. Bring extra yen for lunch and souvenirs and be sure to dress for the weather. For more information, call 252-3433.

Sign-up now for the Space World Amusement Park trip, scheduled for Thursday, April 14. Space World is the only "Space" theme park in the world. Located in Kitakyushu City in Fukuoka, this huge amusement park features several roller coasters, including the Space Coaster and the Titan, a monster ride that zooms down from a height of 180 feet at a blazing 70 mph. There are many other great adult rides to enjoy as well. The little ones are sure to enjoy Lucky Land, filled with many fun rides and costumed characters from 'outer space.' There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters three and under. The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

Stop by the Spare Time Recreation Center Friday evening, April 15 and join the No Tap Special Bowling Tournament. Cost is \$15 per bowler. You must be 18

years or older to participate. The fun gets underway at 6:30 p.m. You'll bowl four games with the highest total pinfall determining the winner. Total number of participants determines the prize money. Awards will be presented to one male and one female for highest score of each game. For more information, call 252-3634.


Relieve yourself of some of the stress often associated with April 15 (that's when your federal tax returns are due, in case you didn't know) by running your frustrations away. How? Join the free Tax Day 3K Fun Run scheduled for Saturday, April 16 at Harjo. The run will start outside the Community Center at precisely 10 a.m. Just be there by 9:30 a.m. to register, then wait for the starting gun. You'll feel greatly relieved as soon as you cross the finish line! Awards will be presented to winners in each division. For more information, call 252-8960.

You heard me, take a hike! It'll do you good. A great way to experience the great outdoors while you're in Japan is on foot and the best way to do that is with your friends at the Sailing & Outdoor Adventure Center. Sign up today for the spectacular daylong hike up Mt. Aso scheduled on Saturday, April 16 from 6 a.m. to 10 p.m. Cost is \$20 per person. Even if you've never been on a hike before, you should consider signing up for this one, as it offers stunning views of the unique landscape of this volcanic mountain over relatively easy terrain. Great for the whole family. For more information, call 252-3500.

Teens ages 13 to 17 are encouraged to sign up early for the Unzen Spa and Glass Museum trip scheduled for Saturday, April 16 from 9 a.m. to 7:30 p.m. You'll experience the relaxing pleasures of a real Japanese spa and try your hand at glass blowing. You can even create your very own glass blown necklace. Cost is only \$8 for transportation, 3,000 yen for glass blowing and 1,800 yen for your own necklace. For more information, call 252-3979 or 252-8966.

"Cats in the Cradle" is a haunting melody by the late Harry Chapin, especially to me, as it plays out the story of my life and my relationship with my son. How does this qualify as a living in Japan piece? Well my son was born in Yokosuka Naval Hospital in 1971, lived most of his life in Japan, and currently resides in Nagoya, as a very successful entertainer and entrepreneur.

I was a Sailor. A first class petty officer when he was born. I had a demanding job, complete with frequent detachments to our squadron's operations in Danang, Viet Nam. I was a glutton for punishment, and jumped at any challenges my Navy offered up. I sought responsibilities and was known for being very good at whatever I did. This praise and esteemed reputation pleased me – and I trebled my efforts to succeed in the Navy.



Jerry Havens
Supervisory Programs
Manager, FFSC

After a year, my son was joined by my first daughter. I loved my children, but didn't have a lot of time to spend with them. I had a full plate of responsibilities to deal with, and as I advanced further, I had Sailors to look out for, assist, counsel, and nurture. After all, I was a chief – and that is what chiefs do.

Jerry Havens
Supervisory Programs
Manager, FFSC


"When you comin' home Dad? I don't know when, but we'll get together then, son, you know we'll have a good time then."

Separations while the ship was underway were just a part of the job. But, when the ship would return to port, Navy demands on my time actually increased. I had to get supplies loaded, coordinate all sort of things from shore patrol to fire parties, from training to inspection preps. On top of this, I had to make sure my Sailors were getting sufficient time off, and staying out of trouble. It's hard for a Sailor to explain to someone, when you're on sea duty you actually prefer to be underway – because you're not tied to the shore by telephone lines and a busy brow.

I always intended to go to my children's pee wee football and baseball games, school recitals, and other events – honest I did. It's just that the timing was usually wrong. We were receiving stores that weekend, or Admiral So-And-So was arriving and squared-away-me was to be his escort. A great honor!

At my retirement ceremony in Atsugi my son came up and hugged me as we left the auditorium. What he said to me then cut me like a knife. He said something to the effect, he was very impressed by the accolades that were heaped upon me by my superiors, the wonderful words said about my accomplishments by my peers, the outpouring of respect and love my Sailors bestowed upon me, and the large turn out of people he'd never seen before who showed up to muster me out of the Navy. He only regretted the discovery that he really didn't know who I was, hearing much of this for the first time. You see, I'd not spent much time with my boy - while I had made so much time to spend with these other people.

Now he is busy and successful. I'll let him know we're going to take a couple days to run up to Nagoya and visit with him, and he is happy to hear it. Of course, when we get there he is pulled in many directions by his many demands and we will sit in his home anxiously awaiting his return to go out and do something. *"When you comin' home son?" "I don't know when, but we'll get together then dad, you know we'll have a good time then."* *"He'd grown up just like me...my boy was just like me."*



Schedule for April 8-17

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is subject to change without notice.

FRIDAY, APRIL 8	SATURDAY, APRIL 9	SUNDAY, APRIL 10	MONDAY, APRIL 11	TUESDAY, APRIL 12	WEDNESDAY, APRIL 13	THURSDAY, APRIL 14	FRIDAY, APRIL 15	SATURDAY, APRIL 16	SUNDAY, APRIL 17
5 p.m. (PG) *Son of the Mask	1 Navy Federal Credit Union FREE MOVIE DAY! 2 p.m. (PG) Pooh's Heffalump Movie	2 p.m. (PG) Son of the Mask	6 p.m. (PG-13) *Miss Congeniality 2: Armed and Fabulous	6 p.m. (PG) Alone in the Dark	6 p.m. (PG-13) Hotel Rwanda	2 p.m. (PG) Son of the Mask	2 p.m. (PG) *Because of Winn-dixie	2 p.m. (PG) Because of Winn-dixie	2 p.m. (PG) Robots
7 p.m. (PG-13) *Hotel Rwanda	5 p.m. (PG) Robots	5:30 p.m. (PG) Hide and Seek	8:30 p.m. (PG-13) Boogeyman	8:30 p.m. (PG-13) The Ring 2	8:30 p.m. (PG) Constantine	5:30 p.m. (PG-13) Miss Congeniality 2: Armed and Fabulous	5 p.m. (PG-13) *Cursed	5 p.m. (PG-13) Cursed	5:30 p.m. (PG-13) Hitch
10 p.m. (PG) *Constantine	7 p.m. (PG-13) Boogeyman	8:30 p.m. (PG) Constantine				8:30 p.m. (PG) Constantine	7:30 p.m. (PG-13) *Hitch	7:30 p.m. (PG-13) Hitch	8:30 p.m. (PG-13) The Ring 2
	10 p.m. (PG-13) The Ring 2 <small>* Limited to One (1) per person at each showing. Age restrictions apply.</small>						10 p.m. (PG-13) The Ring 2	10 p.m. (PG) Alone in the Dark	

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, APRIL 8	SATURDAY, APRIL 9	SUNDAY, APRIL 10	MONDAY, APRIL 11	TUESDAY, APRIL 12	WEDNESDAY, APRIL 13	THURSDAY, APRIL 14	FRIDAY, APRIL 15	SATURDAY, APRIL 16	SUNDAY, APRIL 17
6:30 p.m. (PG) Pooh's Heffalump Movie	2 p.m. (PG) Are We There Yet?	2 p.m. (PG) Pooh's Heffalump Movie	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (PG-13) Phantom of the Opera	2 p.m. (PG) Son of the Mask	2 p.m. (PG) Son of the Mask	2 p.m. (PG) Pooh's Heffalump Movie
9 p.m. (PG-13) Boogeyman	6:30 p.m. (PG-13) The Wedding Date	6:30 p.m. (PG) Alone in the Dark				No scooters, skateboards, strollers or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	6:30 p.m. (PG-13) Hotel Rwanda	6:30 p.m. (PG-13) Miss Congeniality 2: Armed and Fabulous	6:30 p.m. (PG-13) Hotel Rwanda
	9 p.m. (PG) Alone in the Dark		* = Premiere				9 p.m. (PG) Constantine	9 p.m. (PG) Constantine	

HOTEL RWANDA (PG-13)

Starring: Don Cheadle, Djimon Hounsou, Nick Nolte, Joaquin Phoenix and Sigourney Weaver

Rwanda tells the inspiring story of real-life hero Paul Rusesabagina, a hotel manager in Rwanda, who used his courage to shelter over a thousand refugees from certain death. While the rest of the world closed its eyes, Paul opened his heart and proved that one good man can make a difference.

CONSTANTINE (R)

Starring: Keanu Reeves, Rachel Weisz, Max Baker, Djimon Hounsou and John Savelle

John Constantine is a world-traveling misfit who investigates supernatural mysteries walking a thin line between evil and good. Constantine teams up with a female police detective who seeks Constantine's help while investigating the suicide-like death of her twin sister.

THE RING 2 (PG-13)

Starring: Naomi Watts, David Dorfman, Simon Baker, Elizabeth Perkins and Stacy Staal

To escape her haunting memories, Rachel takes Aidan and moves to the small coastal community of Astoria, Oregon, to start fresh. Rachel's resolve quickly turns to dread when evidence at a local crime scene, including an unmarked videotape, seems eerily familiar. Rachel realizes that the vengeful Samara is back and more determined to continue her relentless cycle of terror and death.

HIDE AND SEEK (R)

Starring: Robert De Niro, Dakota Fanning, Fionnula Johnson, Dylan Baker and Robert John Burke

A father discovers his 9-year-old daughter has come up with an unexpected and terrifying way of dealing with her mother's death through an imaginary friend. The daughter has an imaginary friend named Charlie and her father soon realizes that Charlie isn't make believe.


Premiere Feature

SON OF THE MASK

Rated PG

Starring: Alan Cumming, Jamie Kennedy, Trayor Howard, Bob Hoskins and Ben Stiller

The Mask of Loki has found its way into the hands of aspiring cartoonist Tim Avery, whose son is born possessing some of its spectacular powers. But when Loki comes to earth looking for his son, a power struggle of epic proportions and cartoon-like contortions ensues.



SON OF THE MASK

Alan Cumming, Jamie Kennedy, Trayor Howard, Ben Stiller, Bob Hoskins

A colorful new look...



The principal of Sasebo Elementary School (seated) gets her hair spray painted blue and green at Sasebo Elementary School's gymnasium by a teacher on April 5. The new hairstyle resulted from students excelling in a reading program that began in honor of Dr. Seuss. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Survey and Navy Medical Inspector General visit

An announcement from BHC Sasebo

The Joint Commission on Accreditation of Healthcare Organizations and the Navy Medical Inspector General will conduct a joint accreditation survey of U.S. Naval Hospital Yokosuka from May 9-20, 2005. The purpose of the survey is to evaluate the compliance of U.S. Naval Hospital Yokosuka and its branch clinics with nationally established Joint Commission and Navy standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded to U.S. Naval Hospital Yokosuka. Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information

interview with Joint Commission must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Requests should be addressed to: Division of Accreditation Operations Joint Commission on Accreditation of Healthcare Organizations One Renaissance Blvd. Oakbrook Terrace, IL 60181 The Joint Commission will respond to requests either in writing or by telephone and will inform U.S. Naval Hospital Yokosuka of the request for any interview. The hospital will, in turn, notify the interviewee of the date, time, and place of the meeting. Concerns may also be brought to the attention of the Navy Medical Inspector General by calling 1-800-637-6175 or DSN 295-9019. This notice is posted in accordance with the Joint Commission's requirements For more information about the survey, contact the clinic at 252-2551.

Robotics, From Pg. 3

confronted an increasingly sophisticated IED threat. Manual techniques used to neutralize IEDs expose EOD technicians to danger. To alleviate these dangers, the Joint Service EOD community has turned to technologies such as small robotic systems to help keep EOD technicians out of harm's way. Robots equipped with a variety of sensors and tools are used to perform reconnaissance of danger areas and suspected IEDs. Robots also disrupt and disable unexploded ordnance (UXO) and IEDs. In the event of an explosion, the robotic vehicle is positioned to take the damage that a human operator would face. To meet long-term EOD robot requirements, PMS EOD manages the Man Transportable Robotic System (MTRS) acquisition program. The MTRS is a modular system capable of remote reconnaissance in urban and rural environments on EOD missions involving UXO and IEDs. Because of its modular design, the MTRS is readily maintained in the field by EOD technicians and can be upgraded with chemical and radiological material detectors, EOD render safe tools,

EOD disruption tools and EOD disposal tools. Foster Miller and iRobot are both developing MTRS for the Navy. A decision for the MTRS program to enter its production and deployment phase is scheduled for May 2005. PMS EOD provides a variety of technologies, such as the Mk 3 Remote Ordnance Neutralization System, a larger unmanned ground robotic system that performs reconnaissance, access, render safe and disposal tasks; standoff disrupters to address UXO and IEDs from a safe distance; and small caliber disrupters to render safe small threat targets such as firing devices, landmines and booby traps. The EOD Program Office also is a member of the Office of the Secretary of Defense Joint Robotics program, which focuses and coordinates the development of robotic technologies and systems. PMS EOD is one of seven programs under the management of the Program Executive Office, Littoral and Mine Warfare. With a diverse portfolio of more than 200 products and services, the PEO Littoral and Mine Warfare delivers materiel solutions that assure persistent, pervasive and sustained access to the littoral battle space.

Religious Ministries new program reaches out to troubled spouses

Lt. j.g. Sunny Mitchell
CFAS Chaplain's Office

Question: What exactly is Family Fighters?
Answer: Family Fighters is a support group whose goal is to provide support and information in a safe group environment for SOFA sponsored spouses who have been affected by the unfaithfulness in their current marriages.
Question: Who is it for exactly?
Answer: It's for SOFA sponsored spouses or partners who either believe or know that their spouse has been unfaithful in their marriage.

Question: This is a touchy subject. Is there anonymity for the people who attend the meetings?
Answer: This is a touchy subject, but it is a need that our CFAS community is addressing with the utmost care and discretion. Traditionally, unfaithfulness in marriage has been swept under the rug, but now we are creating this group so those people who have experienced unfaithfulness in their marriages can find a safe place to learn, vent their emotions, and receive support from various health care and spiritual professionals. They are also receiving support from other spouses that may have experienced the same issues. Though anonymity is not guaranteed, we hold Family Fighters meetings during the middle of the day when school is in session. We also hold them at the Hario chapel.

Question: Will the chaplain be running the meetings?
Answer: The first six weeks include a program that Elaine Horrell from FFSC has created. During the initial six weeks professionals from Fleet and Family Service Center, Department of Defense School counseling, and the chaplain's office will cover specific topics relating to unfaithfulness in marriages. After the initial six weeks the group will continue in a support group format. The initial six-week program will begin again as needed.
Question: When will Family Fighters meet?
Answer: Our first meeting will be on Monday April 18th at 10 a.m.-11:30 a.m. at the Hario Chapel. After that we will meet every Monday during the same time period for the six-week course.
Question: What if a spouse's child is too young for school, will childcare be provided?
Answer: If the child is too young to attend school, then the child may come with the parent, but no childcare will be provided.

Question: Who would a person contact to get more information? And is this confidential?
Answer: A person may contact Elaine Horrell at Fleet and Family Service Center at 252-3113, or me at the main base chaplain's office, 252-3507. Elaine and I are both on the LAN email system as well. The Family Fighters website is <http://family-fighters.tripod.com>.

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday

(800)-497-6261

for Care of Sexual Assault Victims

hotline

The Center
Sasebo, Japan



Fleet Gym 252-3588

Hario Gym 252-8691

Softball season strikes again...



A player from the Fort Mac swings for the fences Friday, Apr. 1 in softball action at Nimitz Park. Softball fever is running amok at CFAS, as America’s past time kicks off in the United States. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

From the bench: Still going strong and growing after three years

Isaiah Mincks
MWR Athletics Director

For those of you who haven’t had a chance to listen in, Sasebo’s premier radio talk show, “From The Bench” began airing on AFN in February 2002. The show airs on 1575 AM every Thursday morning from 8:10-9 a.m. In just over three years, the show has grown great interest in the community with live call-ins, emails and special guests each week. The typical show format includes local sports results for youth, adult, and EJ King, as well as great information on upcoming sporting events in the community. The weekly panel then discusses topics in the sports world ranging from College and Pro Sports, to special events such as the Olympics. Co-hosts Dennis Lebling (founder of the show), David

Glazier and Shaun Ally have been joined in the studio by local sports gurus such as Lt. Ralph Roe, Bob Beamer, Alec Culpepper, Mark Haley, Tony Benton and myself. The format is fun, and a great time killer for that AM drive, or that morning coffee break in the office! The format also allows for you, the listener, to get interactive and on the air. Weekly emails are discussed, and any questions, topics, or predictions that you would like to make should be sent to <fromthebench2002@yahoo.com>. In addition, the show will take live calls at 252-1575, so feel free to call up and give your opinion on the topics of the day. In closing, be sure to tune in each week to get your fill of sports information and updates on sports from the local community. And by all means, join in on the fun, its that easy!

Annual Japan, U.S. Goodwill Marathon

The 39th Annual Japan and U.S. Goodwill Kintai Marathon at MCAS Iwakuni is sponsored by Commanding Officer, Marine Corps Air Station Iwakuni and coordinated by Semper Fit Division, MCCS. Supported by JMSDF Fleet Air Wing 31. **Date:** April 24, 2005 (Sunday) Entry fee for SOFA personnel: \$15.00 (individual) includes T-shirt, Meal Ticket and Certificate Team Division; \$60.00(4men team), \$45.00(3men team), Cut off date is April 11, 2005, no later than 4:30 p.m. at the front desk in the IronWorks Gym or mail to:

MCCS Semper Fit Health Promotions (Attn: Tadamasa Uemura)
PSC 561 BOX 1867

Spring Softball Standings			
Rank	Wins	Losses	Fofeits
1 Total Force	16	5	0
2 Fire Dreams	15	6	0
3 Fort Mac	5	10	0
4 Guardian	2	10	0
5 Security	0	1	0
6 Bonecrushers	0	2	0
7 Patriot	0	2	0

MCPON stresses importance of physical readiness

Master Chief Petty Officer of the Navy (MCPON) Terry Scott stressed the importance of physical readiness for all Sailors, and announced the development of a revision to the Physical Readiness Program instruction during an all-hands call aboard Naval Base Guam April 1. Scott said the number of Sailors failing the Physical Readiness Test (PRT) is not making the grade. “I’m concerned about the health and fitness of our force,” Scott said. “We need to get back to a culture of fitness in our Navy.” Scott added staying fit is not optional if Sailors want to stay in the Navy. “The last figures I saw said that we had over 11,500 Sailors in the Navy that failed more than three PRTs,” Scott said, “and that is not acceptable.” Scott said that in the early 1990s the Navy started requiring physical training at least three times per week, but he does not feel that policy is being adhered to fleetwide. He called upon chief petty officers to help remedy the situation. “I need you to be the leaders,” Scott said to the chiefs in attendance, “making sure we are doing the physical training we need to be doing. But I also want to give you the tools to go along with it.”

One of those tools mentioned was changing the current instruction to reinstate the authority to separate Sailors from the Navy after failing three PRTs. He said, however, he hopes it does not come to that before Sailors beome more fit. “I don’t want to lose a single Sailor because of PRT failure,” said Scott. “What I do want, and what the Navy is serious about having, is a healthy and fit force. Don’t wait for the changes to be made to the current instruction. The time to start getting ready is now.” Scott said Sailors should be ready to perform in a tactical environment, and physical readiness is but one component to success in the challenges the Navy will face. “For instance, Sailors from right here in Guam are providing individual augmentee support to folks down in Guantanamo Bay,” Scott said. “And you need to be ready to do that – all our Sailors need to be ready, because I don’t know where the next challenge will come from.” “The business of the Navy is combat, and we only have one choice – victory. We need young men and women who serve our Navy to be ready to do so any time the nation calls, said Scott.”

Fitness Tip: Some frequently asked questions answered

Alec Culpepper
Fitness and Aquatics Director

- Q:** What’s the leading cause of death in America?
- A:** Cardiovascular disease. CVD was responsible for about 930,000 deaths in America last year, accounting for 38 percent of all deaths.
- Q:** What is one major risk factor for heart disease and other health problems?

A: Physical inactivity. Studies have shown that regular physical activity reduces the risk of heart disease. Regular activity

- may also reduce the risk of some kinds of embolic strokes.
- Q:** What type of activity is best for improving the fitness of your heart and lungs?
- A:** More vigorous aerobic activities such as brisk walking, running, swimming, bicycling, roller-skating, and jumping rope — done on most days of the week for 30-60 minutes —are best.
- From the American Heart Association*

Upcoming Sports

Spring Intramural Basketball League:
Season Begins: Monday, April 4
Event held in Fleet Fitness Center
Mandatory coaches meeting on Thursday, March 31 at 5:30 p.m. in the Fleet Fitness Center Office. The league will run from April until the end of July. Entries due: Wednesday, March 30.

Fitness Assessments
Tests on flexibility, strength, cardiovascular fitness. Health risk appraisals for cancer, diabetes, heart disease, stress, and depression. Stop by Hario or Fleet Fitness Centers for an appointment. \$10 for civilians, active duty free.